

Clarity: a 40 day journey

Summary of concepts

Dedicated to the elevation of the soul of Alter ben Yitzchak HaCohen

Introduction:

1. Universal principles- you don't need to be observant or even 100% sure G-d exists to internalize these principles
2. Insights from the inside
3. Insights vs. breakthrough
4. Clarity is a gift, we have to build a vessel
5. The answers are already here, we just have to remove the obstacles

Building a vessel and removing the obstacles:

6. Building a vessel part 1: the power of daily focus and daily yearning
7. Removing obstacle # 1: calm our busy, analytical mind
8. Building a vessel part 2: understanding days of love and days of hate
9. Building a vessel part 3: understanding our higher self and our lower self
10. Building a vessel part 4: understanding the power of our thoughts
11. Removing obstacle #2: letting go of negative thoughts, emotions and limiting beliefs
12. Building a vessel part 5: cultivating the attitude of gratitude
13. Building a vessel part 6: A stable inner world depends on 3 things (connecting to the source of power, understanding our purpose, becoming a giver, not a taker)
14. Removing obstacle #3: the illusion that we HAVE to feel good

Redefining our goals

15. Exploring our goal in life- what is good and what is a good life?
16. Identifying our unique higher self mission in life, dedicating ourselves to it
17. Formulating short term goals
18. Unify our will
19. Declaring our commitment and trust again and again